

## Tilmaamaha qofka iskii iska qaadaya tijaabada fayruska koroonaha

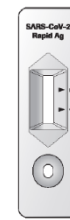
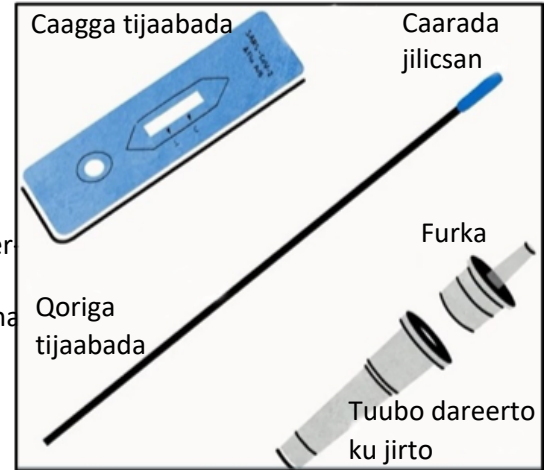
### Habka loo samaynayo

Waa muhiim in aad si wacan u raacdo habkan, si natiijadu sax u noqoto. Akhriso dhammaan sharraxaada habka loo qaadayo tijaabada ka hor intaanad bilaabin.

1. Qalabka lagu dhiibay waa inuu 15 daqiiqo yaallo meel heer kulkeedu dhexdhexaad yahay ka hor intaan la isticmaalin. Waxa kale oo aad u baahan tahay bac qashin iyo saacad ama moobayl aad ku qabato 15 daqiiqo.
2. Gacmaha si wacan u dhaq intaanad bilaabin tijaabada.
3. Qalabka saar meel qalalan, nadiif ah oo siman, tusaale ahaan miis.
4. Fur baakadda oo soo saar caagga tijaabada iyo baakadda qalajisadu ku jirto ee ku dhex jira. Ha taaban meesha wareegsan ama afar-geeska ah ee caagga tijaabada. Hubso in caaggu qabin dhaawac kaddibna saar meel qalalan, nadiif ah oo siman.

Waxa la socda baakad qalajiso ku jirto. Waxa la rabaa in kubadaha ku jira baakadda qalajisadu ay yihiin midabka huruudda, Haddii kubadaha baakaddu yihiin cagaar, ma isticmaali kartid qalabkan tijaabada. Waa in lagu siiyo qalab cusub.

5. Ka goo fooliyada ku daboolan korka tuubada dareertadu ku jirto kaddibna tuubada meel ku tiiri tusaale ahaan koob yar dhexdiisa. Islamarkaana ka ilaali in dareertadu qubato.
6. Baakadda ka fur qoriga tijaabada ee nadiifta ah. Ha taaban caarada jilicsan ee qoriga.
7. Waxa la rabaa inaad tijaabo ka qaado labada dalool ee sanko, ka bilow daloolka cabudhku ku badan yahay. Isla hal qori ayaa labada dalool ee sanko la gelinayaa.
8. In yar madaxa kor u qaad kaddibna qunyar qoriga qiyaastii 2 sentimitir geli sanko gudahiisa. Qoriga 4 jeer ku dhex wareeji daloolka sanko, isticmaal qiyaastii 15 sekin, kaddibna tartiib u soo saar. Daloolka kale ee sanko ku samee sidaas si la mid ah.



Caagga tijaabada



Baakad qalajiso ku jirto



Tuubo dareerto ku jirto

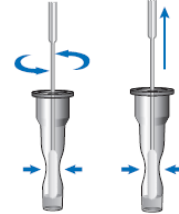


Sanko daloolka bidix

Sanko daloolka midig

Waa muhiim in loo sameeyo sida halkan lagu sharraxay, si jawaabta tijaabadu sax u noqoto.

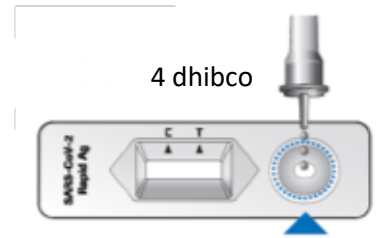
9. Qoriga tijaabada markiiba geli tuubada dareertadu ku jirto, oo qaybta jilicsan ee sanku ku jirtay dhex geli dareertada. Tuubada qaybteeda hoose tuuji adiga oo islamarkaana qoriga ku walaaqaya ugu yaraan 10 jeer. Qoyaanka ka tuuji qaybta jilicsan ee qoriga inta aad isku cadaadisid tuubada, adoo qoriga wareejinaya hadana kor u soo saaraya ilaa inta uu soo baxayo. Qoriga ku rid bacda qashinka.



10. Furka wata dhibco-tiriyaha, si adag oo wacan u geli tuubada.



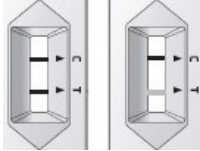

11. Rog tuubada kaddibna 4 dhibco oo ah dareetada ku jirta tuubada ku tuuji meesha wareegsan ee caagga tijaabada.



12. Waa in caagga tijaabadu aanu dhaqaaqin 15 daqiiqo. Qabo wakhti ah 15 daqiiqo ka hor intaanad eegin natiijada.
13. Dhammaan qalabka aad isticmaashay ku rid bacda qashinka kaddib marka aad natiijada ka akhrisatid caagga tijaabada. Si wacan u xidh bacda markaasna ku rid qashinkaaga caadiga ah.
14. Dhaq gacmaha iyo meesha aalaabtu kuu saarnayd.

## Akhriso natiijada tijaabada

Natiijada waxa laga akhrisanayaa xarriiqo midab yeelanaya oo ku jira qaybta afar-geeska ah ee caagga tijaabada. Hubso inaad iftiin wacan haysato marka aad akhrisan rabto natiijada.

<p><b>Natiijadu waxay sheegaysaa inaad qabto cudurka</b> Haddii tijaabadu hesho fayruska koroonaha, waxa soo baxaya labo xarriiq oo midab leh. Hal xarriiq oo ku jirta qaybta hubinta (C) iyo hal xarriiq oo ku jirta qaybta tijaabada (T). Dhammaan heerarka kala duwan ee midabka ee ka soo muuqda qaybta tijaabada (T) waxay tilmaamayaan in cudurka la helay.</p> <p>Haddi tijaabadu sheegto in laga helay cudurka, waxa ay u badan tahay in aad qabto koroonaha. Waa in aad gasho goon-u-bixid islamarkaana aad balan ka samaysato xarun tijaabo-qaadis si aad isaga qaado tijaabo xaqiijin ah. Marka aad dalbanayso balan waa in aad sheegtid in aad iska qaaday tijaabo degdeg ah oo sheegtay in cudurka lagaa helay.</p>	
<p><b>Natiijadu waxay sheegaysaa inaad cudurka qabin</b> Haddii hal xarriiq oo midab leh oo keliya ka muuqato qaybta hubinta (C), tijaabadu waxay sheegaysaa in aad cudurka qabin oo la helin fayruska koroonaha. Cudurka maad qaadin, laakiin weli ku dhaqan xeerarka koroonaha.</p>	
<p><b>Tijaabo aan sax ahayn</b> Haddii xarriiq midab leh aanay ku jirin qaybta hubinta (C), khalad ayaa ku jira tijaabada. Markaa waa inaad tijaabo cusub iska qaadid adoo isticmaalaya caag tijaabo oo cusub.</p>	